

ROCHESTER
ORIENTEERING
C L U B



The Wild Times

September 2009

ROC hotline: (585) 377-5650 Web site: roc.us.orienteering.org

The official newsletter of the Rochester (NY) Orienteering Club

A-Meet, September 19-20 Mendon and Rattlesnake

On **September 19 & 20**, ROC will be hosting the United States Ultra Long and Sprint Championships.

On **Saturday** the competition will be at **Mendon Ponds**. In the morning starting at 10AM the Sprint will take place in the North Meadow area. A Sprint is a 12-15 minute course (winning time) that puts a premium on fast running and quick thinking. It should also be a good spectator event because some of the controls will be out in the open and we will have a PA announcing the position of the runners at various points on the course.

After the Sprint there will a free lunch of bagels and fruit served at West Lodge. Starting at 1:30 PM the non-championship middle distance courses will open. Middle distance courses have short legs and generally take the winner 30-35 minutes to complete. These courses will be similar to most of our local meets and we will be using the West side of the park.

For the Saturday event at Mendon, there will also be Recreational courses available that you can sign up for starting at 1:00PM at West Lodge. The cost and the sign up will be the same as most ROC local meets. You can start anytime between 1:30 and 2:30PM. An ice cream social sponsored by the Junior Team will be offered at West Lodge from 4:00-5:00PM.

On **Sunday** everything moves down to our new map of **Rattlesnake Hill Wildlife Management Area** five miles West of Dansville. It is about a 45-minute drive from Mendon Ponds.

We will park at the Ossian Community Center and ride buses up to the start area about three miles away. Ultra long courses are double the distance of normal courses so get good nights sleep if you plan to participate. These courses are not technically more difficult than our normal ROC courses, but they are longer. There is a special "short" Brown course for those who want a technical challenge without the extra distance.

All of the courses on Sunday require pre-registration and *there will be no recreational or string O courses offered because of the special logistics*. A local community group at the Ossian Community Center will offer soup, sandwiches and fruit from noon until 3:00 p.m.. **NO ONE IS ALLOWED TO DRIVE THEIR CAR UP THE HILL DUE TO NYS DEC RESTRICTIONS ON PARKING.**

It should be an enjoyable weekend so join the fun. You can get more information and register online (only up to September 10!) by going to the club website, roc.us.orienteering.org

Please contact the meet director Rick Worner if you have any questions or would like to volunteer to help. His e-mail is, wornerkohn@aol.com

National Orienteering Day, Saturday, September 12 Highland Park

We observe National Orienteering Day this year on Saturday, September 12 in Highland Park. Registration is at the recreation center behind School #12 on South Avenue, opposite Highland Hospital. Starts, as usual, are from 12 to 2 pm. There will be White (1.5 km.) Yellow (2.5 km.) and Sprint (2.6 km.) courses. The first two are intended for newcomers and will be free. Club members are encouraged to come, bring some newcomers, help out in welcoming newcomers, and do the Sprint (or any other course), which shouldn't take long, even if your sprint is at walking pace. There will be prizes courtesy of USOF.

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General information on local meets

Courses

The club uses the USOF "color" designations wherever applicable. A description of the courses is as follows:

Color	White	Yellow	Orange	Brown	Green	Red	Blue
Approx. distance	2-4 km	3-5 km	4-7 km	3-5 km	4-7 km	6-10 km	8-14 km
# of controls	4-12	5-12	8-12	8-12	8-12	8-15	10-18
Difficulty	Easiest	Easy	Medium	Hard	Hard	Hard	Hard

The White course is intended to be easy enough for first-time participants after a short introduction to the sport. Control points are generally on trails or similarly easy-to-locate features.

The Yellow course is slightly more difficult than the White course. Control points are generally placed close to but not right at easy-to-find features, such as on a knoll that is 50 m away from a trail junction.

The Orange course requires more map-reading and course-planning skills than the Yellow course. Controls will generally have a good attack point, but the attack point may be more subtle than on the Yellow course, or the control will be placed further from the attack point. The route choice from one control to the attack point for the next control is often less obvious than on the Yellow course.

The Brown, Green, Red, and Blue courses differ from each other only in length. At local parks, they are usually the most difficult course that can be set given the size and the terrain of the park. Map-reading, compass, and route-planning skills will be tested to a greater degree on this course.

Sometimes other courses may be offered, such as a Motala (a course which involves one or more map exchanges), or a Line-O or Score-O. These courses will be explained in the meet instructions at any meet that uses these formats.

Entry fees

The entry fees to ROC meets are \$3.00 per individual or group for ROC members and \$6.00 for non-members. If several people (a family group for example) enter as a group using the same map, the fee is still \$3.00 (members) or \$6.00 (non-members). Additional maps are available for \$1.00 each. A person or group can do a second course using the same map for no additional charge (if you complete the White course and decide to try the Yellow course, for example).

Beginner instruction

Beginners are always welcome; there is an informal beginners' clinic approximately 15 minutes after the beginning of the event, and all meets offer a course suitable for beginning orienteers.

Fall 2009 Schedule

Rochester Area

Saturday, September 12	National Orienteering Day. Highland Park. White, Yellow, and Sprint #5. Start from 12:00 noon to 2:00 p.m.
Saturday, September 19	Mendon Ponds Park. USOF A-Meet. Recreational courses available (12:00 noon to 2:00 p.m.) West lodge. Pre-registration required for A-Meet.
Sunday, September 20	Rattlesnake Hill. USOF A-Meet. NO recreational courses available. Pre-registration required for A-Meet.
Sunday, October 4	Letchworth East. Parade Grounds. Regular meet and Club Series #4. Start from 12:00 noon to 2:00 p.m.
Saturday, October 17	Powder Mills Park. North Lodge. Regular meet and Club Series #5. Start from 12:00 noon to 2:00 p.m.
Saturday, November 7	Annual Mendon Trail Run. East Lodge. 5K, 10K, 20K, 50K. Start times: 8:00 a.m. 50K, all other distances 9:30.
Saturday, November 7	Mendon Ponds Park. Night-O. West Lodge. 6:00 p.m.
Saturday, December 5	Annual Meeting & Scrooge-O, Brighton Town Park. 5:00 p.m.
Sunday, January 17	Ski-O at Mendon Ponds Park. Start from 12:00 noon to 1:30 p.m.
Sunday, February 14	Ski-O at Harriet Hollister Park. Start from 12:00 noon to 1:30 p.m.

Outside of Rochester Area

See web sites of the sponsoring club for details.

Saturday, September 12	BFLO. National Orienteering Day. Chestnut Ridge Park.
Sunday, September 13	EMPO. National Orienteering Day. Five Rivers Environmental Education Center, Delmar.
Saturday, September 26	BFLO. Holiday Valley. Mini-rogaïne. 90 minute, 3 hour, or 5 hour time limit
Saturday, September 26	CNYO. Gilbert Lake State Park, Laurens. <i>Date tentative.</i>
Saturday, October 3	BFLO. Schoellkopf Boy Scout Camp.
Monday, October 12	EMPO. Saratoga Spa State Park, Saratoga Springs
Sunday, October 18	BFLO. Sprague Brook Park
Saturday, October 24	EMPO. Scout-O. Five Rivers Environmental Education Center, Delmar

Sunday, October 25	CNYO. Green Lakes State Park, Fayetteville
Saturday, November 7	EMPO. Club championship. Peebles Island State Park, Waterford
Saturday-Sunday, November 7-8	CNYO. 16th Annual Scout-O Highland Forest County Park, Fabius
Sunday, November 22	CNYO. 29th Annual Turkey-O Highland Forest County Park, Fabius
Saturday, December 5	CNYO. Adventure Sprint-O The Nordic Center, Hope Lake, Virgil

Attention!

Before traveling to any ROC meet, please call the Hotline at (585) 377-5650.

Meet locations, details, and schedules may change at any time – the Hotline will always have the latest info!

Contact information

ROC Hotline: 585-377-5650 (directions to meet sites, any last-minute changes, etc.)

ROC web site: <http://roc.us.orienteering.org>

USOF web site: www.us.orienteering.org/

Buffalo Orienteering Club (BFLO) web site: <http://www.buffalo-orienteering.bfn.org/>

Central New York Orienteering (CNYO) web site: <http://cnyo.us.orienteering.org/cnyo/>

Golden Horseshoe Orienteering (GHO) (Niagara/Hamilton region) web site: <http://www.dontgetlost.ca/gho/>

Empire Orienteering Club (EMPO) (Albany area) web site: <http://empoweb.us.orienteering.org>

Adirondack Orienteering Klub (AOK) web site: <http://web.northnet.org/aok/>

Other clubs: See USOF web site.

Recent Permanent Course Finishers - CONGRATULATIONS!

Durand

The Winslow Family	4/15/09	Macedon, NY
John Keech	6/25/09	Penfield, NY

Letchworth

Matt Beardsley	5/29/09	East Aurora, NY
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Mendon

Dave & Terry Weagley	4/15/09	Henrietta, NY
Lloyd A Wood Jr	4/22/09	Rochester, NY
Bruce Lavner	6/24/09	Rochester, NY
Gil Baquero	7/25/09	Henrietta, NY
Todd Bogumil	8/17/09	Rochester, NY

Webster

David Harris	7/25/09	Sodus, NY
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Junior Achievement Award Program by Karl Kolva

Last year, the Rochester Orienteering Club established the Junior Achievement Award program to recognize selected club members between the ages of 14 and 20 for their outstanding participation in the club.

Such things as attendance at club events, service to the club, striving for improvement in one's orienteering skills and demonstrating all around good citizenship will be used as the criteria by an ad hoc committee to determine who will be selected from those nominated.

Any ROC club member, including Juniors, may submit a nomination to any member of the committee for consideration. Nominations must be received by October 31.

The committee members, as of right now, are Linda Kohn, Mary and Karl Kolva, Sandra Lomker, Carol Moran and Rick Worner. The ages specified are those as of any date in the year 2009. Nominations will be accepted at Wornerkohn@aol.com or by e-mail, telephone, or in-person contact with any of the people listed above.

Those selected for this award will receive an engraved medal, a certificate of achievement and a gift certificate of \$50.00 to be used for a purchase from any of the vendors regularly advertising in the USOF Orienteering North America magazine.

ROC's Summer Events Successful by Sandra Lomker

ROC's participation in the ADK Expo was a huge success. Karl Kolva had several short courses ready for beginners and approximately 20 groups/individuals tried these. Many others stopped at ROC's booth for information. Mary Kolva, Tom Cornell, Ruth Hayes, Andrew Elder, Jack Wallenhorst, Ron Wellman, Pat Young and Sandra Lomker made this event possible.

ROC's summer season kicked off with a Motala in Durand Eastman Park followed by 4 Sprint and Score-O events (including one in Memory-O format). White courses with up to 21 starts and String-Os were well received with new participants at every event. Between 15 and 18 persons competed in the Sprints and 24 – 33 in the Score-Os. Mary's homemade goodies were the hit of each day and Pete Dady even said "we come from far and wide for the treats."

The weather was not always the best, but seldom did we need to put up the EZ-Up canopy and never the large tent. Our smaller park maps are now updated, Basil Marella, Seneca, Ellison, and Brighton Town Park thanks to Linda Kohn, Dick Detwiler, Steve Tylock, and Rob Stevens. Able-bodied Meet Directors and Course Setters (Steve Tylock, Tyler Borden, Randy McGarvey, Rob Holmes, Nate Lyons, Mike Meynadasy and Rob Stevens) worked hard to offer everyone challenging and fun courses and events. Electronic punching for the sprints ran smoothly with Ravi Nareppa at the helm.

Hope to see all at National Orienteering Day, Saturday, September 12, in Highland Park.

Club Series and Sprint Series update

As reported in the March newsletter, ROC this year has initiated two competitive series, the Club Series and the Sprint Series. There are five meets that were designated as Club Series events (conventional-length courses), and five other meets that were designated as Sprint Series events (courses much shorter than normal). There are age/gender categories, within which points would be awarded based on finishing order within that category.

For both the Club Series and the Sprint Series, the best four races will determine the winner in each of the classes. The scoring gives 10 points for first place, 9 for second and so on. (A perfect score for the series would be 40).

Anyone who works at a meet as either meet director or course setter receives points for that meet equal to the average point that he or she earned in the other races of that series. Thus, if someone competes in 4 events, scoring 5, 7, and 9 points respectively for the three events, and is course setter for another event, that person would receive 7 points (the average of 5, 7, and 9) for the event that he or she was course setter for.

As of this writing, there have been 3 out of the 5 meets held in the Club Series, and 4 out of the 5 meets held in the Sprint series. A summary of series results to date is on the next page.



Sylvia Klassen competing at Club Series Meet #2 at Webster Park.

Club Series standings -- After 3 meets

Due to space limitations, people who have scored 12 points or more are listed. Full results are available on the club web site.

Class	Name	Total	LW	Web	Men
F40+	Jackie Novkov	20	10		10
F40+	Laurie Hunt	20	*	10	
M-Open	Rob Holmes	25	9	8	8
M-Open	Mike Lyons	24	7	9	MD
M-Open	Sergey Dobretsov	22	8	7	7
M-Open	Nate Lyons	20	10		10
M-Open	Pavel Korniliev	20	6	10	4
M-Open	Randy McGarvey	12		6	6
F-Open	Stina Bridgeman	26	8	10	8
F-Open	Sylvia Klassen	23	7	9	7
F-Open	Lindsay Worner	19	9		10
M40+	Peter Dady	26	8	9	9
M40+	Vince Cassano	20		10	10
M40+	Joel Shore	20	6	8	6
M40+	Carl Palmer	18	5	5	8
M40+	Victor Klassen	18	4	7	7
M40+	Richard Detwiler	14	9	CS	0
M40+	Rick Slattery	13	7	6	
M60+	Bob Bundy	28	10	9	9
M60+	Richard Burgey	26	*	7	10
M60+	Tom Cornell	24	8	8	8
M60	Karl Kolva	15	9	6	0
F60+	Dayle Lavine	20	CS	10	
F60+	Kathy Bannister	19	10	9	
M-12	Luke Lyons	20		10	10
M-12	Tyler Holmes	18		9	9
M-12	Timothy Dobretsov	18	10	8	
M-16	Zach Lyons	27	9	9	9
M-16	Joe Makowski	20	10	10	0

*: received incorrect map; given credit for meet, in same manner as CS or MD.

LW=Letchworth West; Web=Webster; Men=Mendon

Sprint Series standings -- After 4 meets

People who have scored 10 points or more are listed. Full results are available on the club web site.

Class	Name	Total	Ellison 07/08/09	Seneca 07/25/09	Basil Marella 08/06/09	Brighton 08/25/09
M-Open	Mike Lyons	32	8	9	8	7
M-Open	Rob Stevens	27	9		9	MD/CS
M-Open	Sergey Dobretsov	26		8	10	8
M-Open	Tyler Borden	23	6	CS	7	4
M-Open	Rob Holmes	23	10	5	MD	
M-Open	Nate Lyons	20			CS	10
M-Open	Steve Tylock	18	MD/CS		6	6
M-Open	Erin Schirm	10		10		
F-Open	Stina Bridgeman	40	10	10	10	10
M Masters	Randy McGarvey	30	10	MD	10	
M Masters	Don Winslow	30	6	8	8	8
M Masters	Richard Detwiler	20		10		10
M Masters	Peter Dady	18	9	0		9
F Masters	Jackie Novkov	10		10		
F Masters	Linda Kohn	10			10	
F Masters	Patty Lyons	10				10
M Veterans	Walt Lyons	10				10
M-Junior	Zachary Lyons	40	10	10	10	10

Local Meet results

Cobb's Hill - Annual Icebreaker April 5, 2009

A wonderful sunny spring day greeted the 130 participants who traveled to the far corners of Cobb's Hill Park. The course was designed by Rick and Dayle Lavine who were also the meet directors. 74 Starts was a great way to open the season.



Cobb's Hill is a City of Rochester Park. There are wonderful views of the City for those who pause during their event. The White course featured flags on trails for first timers. The Yellow course had flags near trails and took runners to many areas of the park. The Orange course featured flags as far from trails as possible. But in a small open park, that is not far. For those not satisfied by the Orange course, a Long Orange course was provided by adding a second Orange level map to the regular Orange. Despite a rainy Saturday the course was dry except for the field in front of the Tay House Lodge. (The Rugby teams playing in the field seemed to enjoy the wet and muddy field.)



As usual many volunteers helped create a very successful meet. Don Winslow served as greeter. Registration was handled by Victor Klassen, Elizabeth Hane, Laurie Hunt, and Sandi Willsey. The registration process was simplified by having self-registration available for members. 50% of the starters utilized this time saving procedure. The Start/Finish times were assigned by Dick Detwiler, Stina Bridgeman, Lindsay Worner, and Joel Shore. Karl Kolva gave an instruction clinic. Sandra Lomker and Dayle Lavine brought the treats. Dayle set the String-O course. Sandra Lomker collected renewals and new memberships. Tom Cornell had a complete sellout of the schedule T-shirts. (Many of last year's volunteers earned their

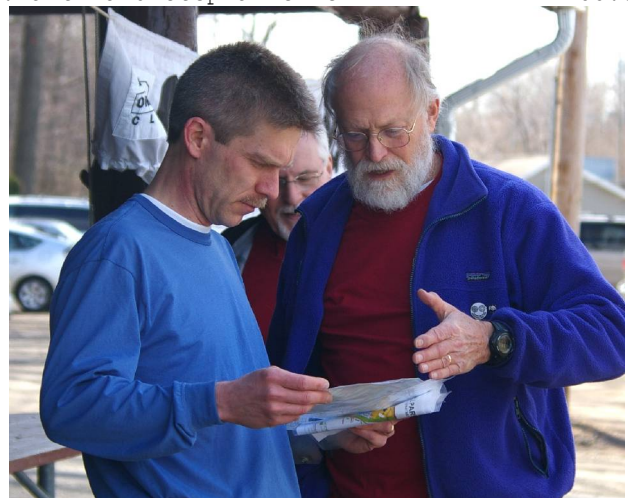
T-shirt.) Rob Stevens, Steve Tylock, and Bob Bundy picked up the controls.

Special thanks to schedule maker - Rick Worner - for picking a splendid Sunday rather than a cold rainy Saturday.



Cobb's Hill White: 1.9 km (1.25 miles) - 11 controls on trails

- | | |
|---|-------|
| 1. Jim and Diane Kraftschik | 30:30 |
| 2. Deb Rib, Jaren Bell, Erik Jensen, Daniel Silver, Ricky Yales | 38:55 |
| 3. Melissa Tylock | 39:31 |
| 4. Rod and Kayla Stevens | 43:00 |
| 5. Riesa Cassano | 45:27 |
| 6. L. Szatkowski | 46:07 |
| 7. Amber Koskos, Kathy Doskos, Carol Moran | 62:30 |
| 8. Katie and Cris Kerekes | 63:20 |
| 9. Elin and Jeffrey Koch, Andrew Paras, Brevin Bell | 64:08 |
| 10. Phillip Poon and Van Nguyen | 69:20 |
| 11. Faith and Stephanie Reh | 88:33 |



Cobb's Hill Yellow: 2.7 km - 14 controls near trails

1. Lynn Wild, John Wiseman, Tristan Cannan, Adrian Hamouck	34:17
2. Alex and Roger Kurtz	34:31
3. Joe Makowski	40:10
4. Don Winslow	42:10
5. Melissa Tylock	42:33
6. Jim and Diane Kraftschik	46:55
7. Sandi Willsey	47:52
8. Amelia and Kate Cochrane	50:10
9. Patrick Doherty	54:17
10. Malysia and Rick Slattery	55:01
11. Joe Kirchner	56:05
12. Ian Walters, Ian Gilbert, Zoe Sia	57:02
13. Patricia and John Cochrane	64:10
14. Emma Gilbert, Pat Welch, Isabel and Elaine Sia	64:50
15. Riesa Cassano	69:40
16. Mark, Corliss, Amy, and Bethany Cloninger	69:49
17. Tom Cornell	72:28
18. Maggie and Doug Hall	72:33
19. Rukhsana Cofer	74:27
20. Denise McGarvey	74:32
21. Troy, Rhiannon, Ffion, and Corwyn Collinsworth, Alan Diakov, Annalise Taylor	75:30
22. Sandra Lomker	83:10
23. Paige Sloan	84:17
24. Eli, Alex, Katie, and Kelly Behlok	112:30

Orange 1: 3 km - 12 controls as far from trails as possible

1. Bob Bundy	48:07
2. Zack and Frank Armstrong	48:10
3. Reid and Carl Palmer, Jonesy Dog	51:18
4. Laura and Dean Tucker	57:43
5. Richard Burgey	59:03
6. Mike and Liz Finear	60:47
7. Clara, Clayton, and Jennifer Manley	69:49
8. Sarah Eisel	72:50
9. Kathy Bannister	75:54
10. Karl Kolva	75:56
11. Elizabeth Hane	80:28
12. Samuel, Madeline, Lisa, and Jefferson Svengsouk	80:30
13. Mike Yunker	81:20
14. Carrie McNeil, Scott Von Duhn, Sachiko Kaizuka, and Eric Barbehenn	81:27
15. Brian Tomaszersic	82:08
16. Nancy Burgey	82:40
17. Laurie Hunt	83:37
18. Matt, Stephen, Brian, and Kevin Gearinger	87:39
19. Shawn Forney	96:39
20. David McFarland-Porter and Aaron Schaffer	101:42

Long Orange: 4.9 km (Orange 1 plus second map of 6 controls)

1. Rob Stevens	45:09
2. Randy McGarvey	48:29
3. Jim Pamper	50:05

4. Dick Detwiler	52:10
5. Mike Meynadasy	54:48
6. Stina Bridgeman	59:05
7. Kevin McFarland-Porter	60:15
8. Lindsay Worner	63:26
9. Sue Klassen and Ben Price	64:40
10. Michelle Weiler	73:00
11. Peter Dady	73:00
12. Mark Dominie	76:00
13. Dave Fergusson	76:10
14. Sylvia Klassen	78:05
15. Barbara Dominie	81:00
16. Joel Shore	82:43
17. Victor Klassen	87:40
18. Vincent Kurtz	95:25
19. Bruce Lavner	DNF

Letchworth West May 2, 2009

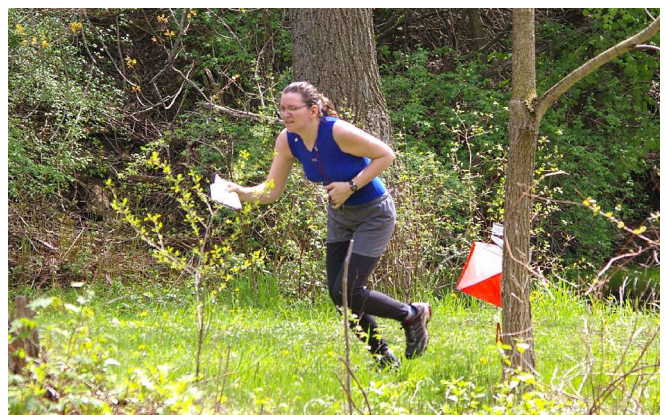
Red	M-Open	1	Nate Lyons	53:02
Red	M-Open	2	Rob Holmes	69:26
Red	M-Open	3	Sergey Dobretsov	72:58
Red	M-Open	4	Mike Lyons	75:09
Red	M-Open	5	Pavel Korniliev	78:02
Red	M-Open	6	Steve Tylock	80:19
Red	M-Open	7	Jason Urckfitz	81:54
Red	M-Open	8	Larry Zygo	92:59
Red	M-Open	9	Jim Pamper	96:30
Red	M-Open	10	Gary Maslanka	100:46
Red	M-Open	11	Dmitry Sizov	129:02
Red	M-Open	12	Walt Lyons	132:57
Red	M-Open	13	Richard Burgey	166:32
Red	M-Open	14	Erik Grimm	MSP
Red	M-Open	15	Carl Johnston	DNF
Red	F-Open	1	Alex Jospe	69:24
Red	F-Open	2	Lindsay Worner	86:19
Red	F-Open	3	Stina Bridgeman	90:36
Red	F-Open	4	Sylvia Klassen	122:08
Red	F-Open	5	Maria Tikhomirova	128:54
Red	F-Open	6	Jessica Snyder	139:51
Green	M40	1	Mitch Collinsworth	49:56
Green	M40	2	Richard Detwiler	57:27
Green	M40	3	Peter Dady	61:35
Green	M40	4	Rick Slattery	79:11
Green	M40	5	Joel Shore	82:23
Green	M40	6	Carl Palmer	83:28
Green	M40	7	Victor Klassen	85:06
Green	M40	8	Jim Russell ,Dan Guard	88:13
Green	M40	9	Joe Seyfried	103:14
Green	M40	10	Doug Kennedy	106:22
Green	M40	11	Scott Heilingenthaler	117:31
Green	F40	1	Jackie Novkov	82:49
Green	F40	2	Laurie Collinsworth	85:16
Green	F40	3	Marilyn Zygo	103:40

Green	Rec	1	Tyler Borden	67:25	Yellow M14	1	Patrick Doherty	60:53
Green	Rec	2	Chad Borden, Jessica		Yellow Rec	1	Don Winslow	40:26
	Hishman			93:41	Yellow Rec	2	Tristan Cannan	58:56
Brown	M60	1	Bob Bundy	84:27	Yellow Rec	3	Carol Moran	86:32
Brown	M60	2	Karl Kolva	85:11	Yellow Rec	4	Stephanie Reh ,Danielle, Veronica	105:10
Brown	M60	3	Tom Cornell	101:01				
Brown	F60	1	Kathy Bannister	60:40				
Brown	Rec	1	Doug Brooks & party	DNF				
Brown	Rec	2	Laurie Hunt	DNF				
Orange	M16	1	Joe Makowski	41:18				
Orange	M16	2	Zach Lyons	41:44				
Orange	Rec	1	Kay Sheehan	64:49				
Orange	Rec	2	Jim Curry ,Kathy, Michael	77:24				
Orange	Rec	3	Elizabeth Hane	91:51				
Orange	Rec	4	Nancy Burgey	99:30				
Orange	Rec	5	Linda Burgey	112:47				
Orange	Rec	6	Shawn Forney	114:18				
White	M12	1	Timothy Dobretsov	26:23	Yellow Rec	5	Bethany Cloninger ,Mark, Corliss	138:28
White	F12	1	Melissa Tylock	25:29	Yellow Rec	6	Cindy Drozd,Louise Cook	159:02
White	Rec	1	Hannah Collinsworth	33:13	Yellow Rec	7	Bob Kane & party	MSP
White	Rec	2	Patty Borden	34:24	Yellow Rec	8	Joe Kirchner	MSP
White	Rec	3	Theresa Wood ,Thomas	40:51	Yellow Rec	9	Frances Nardia ,Ishai	DNF
White	Rec	4	Phil Livingston	44:34	Yellow Rec	10	Elena Streltsova	DNF
White	Rec	5	Nathan Collinsworth ,Mitch	47:09	Yellow Rec	11	Doug Hall ,Maggie, Megan Lewis	DNF
Yellow	Rec	1	Cheryl Detwiler	44:18	Orange M16	1	Joe Makowski	60:47
Yellow	Rec	2	Eileen Flanagan ,John H Cochrane	53:07	Orange M16	2	Zach Lyons	63:25
Yellow	Rec	3	Sandra Lomker	57:18	Orange Rec	1	Jared Klepacz ,Tom Higgins	96:53
Yellow	Rec	4	Carol Moran	63:30	Orange Rec	2	Burton August	111:42
Yellow	Rec	5	Bethany Cloninger	72:00	Orange Rec	3	Jeff Reape ,Heather Strang	125:18
Yellow	Rec	6	Phillip Poon & party	73:54	Orange Rec	4	Vincent Luongo	132:39
Yellow	Rec	7	Louise Cook	83:40	Orange Rec	5	Linda Burgey	138:56
Yellow	Rec	8	Roger Keeney	93:49	Orange Rec	6	Bob Hohman ,Gail	170:54
					Orange Rec	7	Mike Yunker ,Arthur Louis	DNF



Webster Park May 9

White	M12	1	Luke Lyons	21:37					
White	M12	2	Tyler Holmes	26:35					
White	M12	3	Tim Dobretsov	35:33					
White	Rec	1	Nancy Burgey	33:45					
White	Rec	2	Jason Heiligenthaler ,Joelle	41:07					
White	Rec	3	Don Winslow ,Katie, Drew, Cheri	44:02					
White	Rec	4	Stephanie Reh & party	46:15					
White	Rec	5	Patty Borden & party	47:51					
White	Rec	6	Jodi Byerts ,Chloe, Samantha	52:29	Brown	F60	1	Dayle Lavine	50:44
White	Rec	7	Donna Budgeon ,Myranda, Compton	54:22	Brown	F60	2	Kathy Bannister	52:30
					Brown	F60	3	Sandra Lomker	105:29
					Brown	M60	1	George Komorowski	48:24
					Brown	M60	2	Bob Bundy	52:10



Brown	M60	3	Tom Cornell	55:23
Brown	M60	4	Richard Burgey	58:15
Brown	M60	5	Karl Kolva	59:26
Brown	M60	6	Richard Lavine	64:27
Brown	Rec	1	Michael Finear ,Liz	63:03
Brown	Rec	2	Elizabeth Hane	74:37
Brown	Rec	3	Kay Sheehan	DNF
Green	F40	1	Laurie Hunt	168:20
Green	M40	1	Vince Cassano	63:04
Green	M40	2	Peter Dady	67:29
Green	M40	3	Joel Shore	76:07
Green	M40	4	Victor Klassen	85:15
Green	M40	5	Rick Slattery	113:34
Green	M40	6	Carl Palmer	115:38
Green	M40	7	Scott Heiligenthaler	147:55
Green	Rec	1	Dean Tucker	DNF



Red	F-Open	1	Stina Bridgeman	94:51
Red	F-Open	2	Sylvia Klassen	111:54
Red	M-Open	1	Pavel Korniliev	66:33
Red	M-Open	2	Mike Lyons	66:54
Red	M-Open	3	Rob Holmes	67:58
Red	M-Open	4	Sergey Dobretsov	68:43
Red	M-Open	5	Randall McGravey	74:42
Red	M-Open	6	Rob Stevens	77:57
Red	M-Open	7	Steve Tylock	86:47
Red	M-Open	8	Jason Urckfitz	92:35
Red	M-Open	9	Chad Borden	93:59
Red	M-Open	10	Michael Meynadasy	112:51
Red	M-Open	11	Dmitry Sizov	129:15
Red	M-Open	12	Eric Barbehenn	MSP
Red	Rec	1	Zak Borden	161:18
Red	Rec	2	Tyler Borden	164:24

Abraham Lincoln Park (Formerly Irondequoit Bay East) May 31, 2009

The steady 20+mph wind and cooler temps did not deter over 100 individuals from experiencing the rugged beauty of Abraham Lincoln Park.

The wind bothered home base (toppling one of the meet boxes at one point) more than the orienteers where the forest provided ample cover from the gusts. The hills were demanding, as were the courses set by first-time course setter Victor Klassen. Many participants had minutes taken off of their time by picking up trash in the park, this included three monster truck tires. (Okay, maybe they were regular tires, but they felt like monster truck tires by those carrying them back to home base). We definitely left the park cleaner than when we got there.

Thanks to the many volunteers who helped out on Sunday (and apologies to any I missed):

- Meet Director: Mike Meynadasy
- Course Setter: Victor Klassen
- Flags setters: Victor, Sue, Sylvia, and Nathan Klassen
- Vetter: Dick Detwiler
- Greeter: Laurie Hunt
- Registration: Kathy Bannister, Pat & Emma Welch, Carol Moran, Sandra Lomker
- Start/Finish: Kay Sheehan, Rick Worner, Dick Detwiler
- Flag Pick-Up: Rick Worner, Paul Schwartz, Lyons Family, Vince Cassano
- Food: Pat Welch, Sandra Lomker
- Instruction: Karl Kolva
- String-O: Welch Family
- Misc: Linda Kohn, Tom Cornell
- Results: Bob Bundy
- Volunteer Coordinator: Sandra Lomker

Bonus times of 1 to 6 minutes were given to teams keeping our parks clean by picking up trash along the way. (Anyone orienteering while carrying an old tire definitely deserved every minute!)

White - 1.5 km, 7 controls, with 55 m climb

1.	Luke Lyons	21:45
2.	Tyler and Rob Holmes	23:00 (4 min bonus)
3.	Annisia Buckley and Amy LaVigne	29:00
4.	Bryn and Kameron Holmes	32:16 (2 min bonus)
5.	Debbie and Kent Shevchuk; Matthew and Ryan	33:44
6.	Andrew and Meghan Elder	35:35
7.	Nikhil, Umesh, and Ravi Nareppa	42:20
8.	Mike, Karen, and Erin Lally	48:30
9.	Patty Borden	49:15 (4 min bonus)
10.	Mira, Kayla, and Katja Stevens	51:07
11.	Cheryl Van, Garret Baitsholts, Alyssa Baitsholts, Nick Kirchgessner, Allison Kirchgessner	59:30 (4 min bonus)
12.	Donna Budgeon, Compton Baker, Myrande Baker	61:20 (2 min bonus)

YELLOW - 2.7 km, 11 controls, 220 m climb

1. Colin Lemen and Sandi Willsey	59:00	(2 min bonus)
2. John and Kate Cochrane	64:51	(2 min bonus)
3. Tim Dobretsov	67:48	
4. Pat Welch, Ian Walters, Emma and Ian Gilbert	73:45	
5. Eileen Flanagan & Patrick Cochrane	75:01	(4 min bonus)
6. Jeff and Curtis Hube	75:55	(6 min bonus)
7. Laura and Dean Tucker	81:48	(4 min bonus)
8. Colleen, Blake, Kathy, James Hart	104:20	(2 min bonus)
9. Nancy and Alyssa Coates, Chris Pessagno, Elaine Gregory	112:05	
10. Carol Moran	115:28	(1 min bonus)
11. Bethany Cloninger	127:03	(2 min bonus)
12. Mike Yurgelun	149:44	
Sandra Lomker	DNF	
Mike Allen and Troop 312	DNF	

Orange - 4.0 km, 14 controls, 335 m climb

1. Joe Makowski	81:15
2. Patrick Doherty and Triston Cannan	93:24
3. Vincent and Roger Kurtz	93:40
4. Don Winslow	98:45
5. Zach Lyons	109:03
6. Richard Burgey	129:02
7. Linda Burgey	149:41
8. Nancy Burgey	152:00
Jennifer and Clara Manley	DNF
Jeff Nures	DNF
Marilyn Zygo	DNF
Laurie Hunt	DNF
Unofficial (visited most controls during Run)	Green Mike Lyons 57:57

Brown - 3.9 km, 8 controls, 340 m climb

1. Vince Cassano	73:24
2. Joe Seyfried	111:15
3. Sue Klassen	138:00
4. Kim McGann and Brian Tomiszowski	160:20
Tom Cornell	DNF
Karl Kolva	DNF
Unofficial (visited most controls during Run)	Green Nate Lyons 46:50

Green - 4.6 km, 14 controls, 510 m climb

1. Nate Lyons	56:10
2. Rob Stevens	69:50
3. Mike Lyons	71:46
4. Peter Dady	75:00
5. Randy McGarvey	77:00
6. Ben Price	93:30
7. Eric Barbehenn	103:40
8. Patricia Lyons	111:54
9. Bob Bundy	117:37
10. Sylvia Klassen	120:02
11. Rick Worner	130:58
12. Frank, Zack, and Mark Armstrong	140:22
13. Larry Zygo	144:45

14. Tyler Borden	148:17
15. Chad Borden and Jessica Hishman	151:36
	(2 min bonus)
16. Burt August	189:58
Walt Lyons	Overtime
Linda Kohn	DNF
Bruce Lavner	DNF

Mendon Ponds Park June 14, 2009

White 2.3K

M-12

Luke Lyons	20:07
Tyler Holmes	36:53

F-12

Elanor Nardoff	29:10
Kayla Stevens	34:07

White Rec

Greg, Kathleen, Amber & Chester Doskos	32:37
Kimberly McGann & Patrick Rault	33:56
Carol Moran	38:30
Karen, Brian & Jason Rickard	38:42
David Merillat & Rachel Caton	41:26
Megan Quick & Obi Ike	41:55
Michael & Olivia Meynadasy, Nicole Lundahl and Cathy Shann	49:04
Stephanie & Faith Reh and Craig Vergils	49:08
Edwina Buehler	51:27
Dave, Patricia & Bailey Harris	56:38
Gretchen & Kirtan Cannan	MSP

Yellow Rec 2.6K

Chelsea Lyons	35:38
Cheryl Detwiler	44:32
Eileen Flanagan & John Cochrane	47:00
Kate & Amelia Cochrane	51:55
Jim & Patty Borden	58:30
Larue Hunt	67:27
Elizabeth Hane	69:38
Greg Brown	70:37
Ron, Laurel & Heather Wellman and Pat Young	78:00
David, Karen, Celia & Timothy LaPlante	81:02
Cheryl Van, Garnet Baitsholts and Nick & Allison Kirchgess	98:58
Brandon Cossach, Steven Cochrane & Ben Aguello	MSP
Brian, Ben & CJ Tomaszewski	MSP

Orange 3.7K

M-12

Tristan Cannan	47:17
Zach Lyons	48:41
Joe Makowski	MSP

Orange Rec

Don Winslow	59:07
Anne Schwartz	70:57
Marilyn Zygo	75:43

Catriona & Patrick McCarroll	101:11	Sergey Dobretsov	78:08
Mike Yunker	111:08	Randall McGarvey	80:28
Pat Welch, Ian Walter and Ian, Emma & Michael Gilbert	112:43	Rob Stevens	83:49
Patrick Rault & Kimberly McLern	116:26	Pavel Korniliev	86:13
Eli & Kelly Behlok	130:27	Mark Dominie	90:38
Casey & Austin Lamb	133:48	Steve Tylock	93:37
Nancy Burgey	155:10	Eric Barbehenn	98:16
Linda Burgey	158:10	Jim Pamper	100:37
John Kreuder	165:28	Tyler Borden	105:23
Dan Guard	169:38	Gary Maslanka	118:44
Louise Cook	271:08	Larry Zygo	152:39
Davin, Cal & David Reddington	DNF	Dmitry Sizov	153:26
Bobby Younger & Brandon Gabriel	DNF	Greg Hyatt	157:22
Bruce Lavner	MSP	Red Rec	
Michael Cochrane, Jon Revier, Tim Boggs & Mike Schultheis	MSP	Jack & Tom Wallenhorst	205:36

Brown 3.7K

F60+
Sandra Lomker DNF

M60+
Richard Burgey 89:10
Bob Bundy 90:52
Tom Cornell 139:16
George Komorowsky DNF
Karl Kolva DNF

Brown Rec
Chad Borden & Jessica Hishman 82:31
Zak Borden 84:34
Jim, Kathy & Michael Curry 104:52
Jeff Younger 147:20

Green 5.5K

F40+
Jackie Novkova 106:38
Barbara Dominie 128:29
Sue Klassen 153:30

M40+
Vince Cassano 78:53
Peter Dady 87:14
Carl Palmer 97:34
Victor Klassen 104:38
Joel Shore 108:38
Doug Kennedy 121:27
Paul Schwartz 177:51
Dick Detwiler MSP
Walt Lyons MSP

Red 6.4K

F-Open
Lindsay Worner 96:08
Patty Lyons 97:10
Stina Bridgeman 100:43
Sylvia Klassen 115:34

M-Open
Nate Lyons 53:33
Erin Schirm 56:36
Rob Holmes 67:51

Durand Eastman Park June 28, 2009

It was great weather for hanging flags in the morning, but by afternoon, a steady rain had settled in and the orienteering at Durand was slick and wet. The weather probably held the turnout down somewhat, but those who did brave the elements were rewarded by a nicely set Motala course by Rob Holmes. A few intrepid souls also enjoyed the White course. The picnic afterward was enjoyed by all and well-deserved.

Thanks to our volunteers, and I hope I got everyone: Meet Directors: Vince Cassano, Lindsay Worner Course Setter: Rob Holmes Registration: Stina Bridgeman, Elizabeth Hane Start/Finish: Vince(Start), Chris Lyons, Georg Nadorff Flag Pick-Up: Patty Lyons, Mike Lyons, Georg Nadorff Food: Sandi Willsey Instruction: Richard Burgey String-O: Riesa Cassano

Vince Cassano, Meet Director

Motala

1.	Mike Lyons	22 controls	45:11
2.	Rob Stevens	22 controls	50:40
3.	Steve Tylock	22 controls	51:00
4.	Patricia Lyons	22 controls	57:20
5.	Stina Bridgeman	22 controls	68:22
6.	Joel Shore	22 controls	71:31
7.	Zach Lyons	17 controls	49:28
8.	Don Winslow	16 controls	53:28
9.	Walt Lyons	6 controls	42:18
10.	Nancy Burgey	6 controls	61:15
11.	Richard Burgey	5 controls	14:15
12.	Linda Burgey	5 controls	30:35
13.	Elizabeth Hane	5 controls	42:56

White

1.	Chelsea Lyons	31:45
2.	Paul Campbell, Noah Campbell, Drew Winslow	34:00
3.	Luke Lyons	35:06
4.	Ella Charlesworth, Noelle Meyer, Katja Meyer	80:57

Ellison Park

July 8, 2009

The day was dry with comfortable temperatures. The rains from the past week left many soggy spots.

As usual, volunteers made the meet flow smoothly.

- Course Setter, Meet Director, Greeter, and Score-O Starter: Steve Tylock
- Registration: Sandi Willsey, Mary Kolva, and Randy McGarvey
- Start/Finish: Mike & Zach Lyons, and Elizabeth Hane
- Flag Pick-Up: Mike & Zack Lyons, Vince Cassano and Jim Pamper
- Food: Kim McGann, Mary Kolva
- Instruction: Karl Kolva
- E-Punch: Ravi Nareppa
- Results: Bob Bundy
- Equipment: Vince Cassano

Results

The Sprint Course 2.1K - 35m of climb - First of 5 club Sprints. (Sprinters could be spotted by their mud-spotted backs and legs)

Male - Juniors

- | | |
|------------------|-------|
| 1. Zachary Lyons | 31:12 |
| 2. Luke Lyons | DNF |

Male - Open

- | | |
|-------------------------------------|-------|
| 1. Rob Holmes | 18:31 |
| 2. Rob Stevens | 19:51 |
| 3. Mike Lyons | 23:10 |
| 4. Pavel Korniliev | 23:19 |
| 5. Tyler Borden | 26:07 |
| 6. Michael Meynadasy, Matt Gillette | 29:29 |
| 7. Chad Borden and Jessica Hishman | 37:23 |

Male - Masters

- | | |
|-------------------|-------|
| 1. Randy McGarvey | 22:00 |
| 2. Peter Dady | 23:25 |
| 3. Carl Palmer | 25:45 |
| 4. Vince Cassano | 28:02 |
| 5. Don Winslow | 41:49 |

Female - Open

- | | |
|--------------------|-------|
| 1. Stina Bridgeman | 23:46 |
| 2. Chelsea Lyons | DNF |

White Course - 1.6K Flat (biggest obstacle water logged fields)

- | | |
|--|-------|
| 1. Brynna and Lisa Dillon | 14:53 |
| 2. Grace, Natalie, and David Dillon | 15:32 |
| 3. Luke Lyons | 16:08 |
| 4. Liam and Carolyn Orr | 18:03 |
| 5. Tyler Holmes and Rob | 22:32 |
| 6. Divya Nareppa,
Raghi and Sivastika Rao | 40:31 |
| 7. Minh Nguyen | 40:45 |

SCORE-O - 24 Controls - 8 x 10 points, 8 x 20 points, 8 x 30 points Easier controls 10 points and the hardest controls 30 points. Irondequoit Creek was considered out of bounds despite a couple of enticing route choices through the water. One high control deducted for each partial minute past the 60 minute time limit. - Maximum points 480.

- | | | |
|--|-----|-------|
| 1. Mike Lyons | 480 | 49:26 |
| 2. Rob Holmes | 480 | 50:04 |
| 3. Randy McGarvey | 480 | 51:32 |
| 4. Rob Stevens | 480 | 53:47 |
| (5 minute penalty for creek crossing) | | |
| 5. Pavel Korniliev | 460 | 57:05 |
| 6. Vince Cassano | 460 | 57:50 |
| 7. Mike Meynadasy | 450 | 59:32 |
| 8. Peter Dady | 430 | 55:37 |
| 9. Tyler Borden | 420 | 57:25 |
| 10. Zack Lyons | 400 | 57:27 |
| 11. Chelsea Lyons | 400 | 57:28 |
| 12. Stina Bridgeman | 400 | 57:35 |
| 13. Gary Maslanka | 400 | 57:39 |
| 14. Jim Pamper | 360 | 55:31 |
| 15. Bob Bundy | 360 | 57:13 |
| 16. Joel Shore | 350 | 57:25 |
| 17. Don Winslow | 330 | 55:45 |
| 18. Carl Palmer | 330 | 56:33 |
| 19. Ravi Nareppa | 320 | 48:47 |
| 20. Chad Borden and Jessica Hishman | 310 | 56:38 |
| 21. Amelia Cochrane and Eileen Flanagan | 290 | 56:49 |
| 22. Linda Burgey | 250 | 49:09 |
| 23. Kimberly McGann | 250 | 57:37 |
| 24. Elizabeth Hane | 240 | 56:14 |
| 25. Kathy Bannister & Jim Champman | 230 | 54:43 |
| 26. Karl Kolva | 220 | 53:22 |
| 27. Brian Thomas
(60 point deduction) | 180 | 61:54 |
| 28. John and Kate Cochrane | 170 | 47:07 |
| 29. Minh Nguyen | 170 | 58:56 |
| 30. Richard Burgey | 160 | 42:10 |
| 31. Stephanie and Matthew Reh | 120 | 57:33 |
| 32. Nancy Burgey | 110 | 42:51 |
| 33. Jack Wallenhorst
(90 point deduction) | 100 | 62:25 |

Seneca Park July 25, 2009

The weather for the Seneca Park meet was a sunny, rain-free, 80 degrees. There was a good crowd out to enjoy the courses set by new course setter, Tyler Borden. Thanks to our many volunteers who helped to make this meet successful, including the following:

- Course Setter: Tyler Borden
- Meet Director, Greeter, Instruction, Results: Randall McGarvey
- Course Consultant, Instruction, Equipment: Karl Kolva
- Registration: Denise McGarvey, Nancy Burgey, Richard Burgey
- Start/Finish: Jim Borden, Patty Borden, Tyler Borden, Peter Dady
- Flag Pick-Up: Rob Holmes, Don Winslow, Zach Borden, Tyler Borden
- Food: Mary Kolva
- E-Punch: Ravi Nareppa
- Equipment: Tom Cornell, Sandra Lomker



Course setter Tyler Borden reviews the rules for the Score-O. Photo by Paul Schwartz.

Sprint

M-Juniors (Sprint A)		
1. Zach Lyons		20:28
M-Open (Sprint A)		
1. Erin Schirm		15:09
2. Mike Lyons		16:54
3. Sergey Dobretsov		18:46
4. Zak Borden		24:41
5. Brian Thomas		44:55
6. Rob Holmes		MSP



Karl Kolva giving beginner instruction at Seneca Park meet. Photo by Paul Schwartz.

M-Masters (Sprint A)		
1. Richard Detwiler		21:06
2. Doug Kennedy		24:50
3. Don Winslow		26:26
4. Peter Dady		MSP

F-Open (Sprint A)		
1. Stina Bridgeman		23:56
2. Chelsea Lyons		24:03
3. Heidi Rothfuss		DNF

F-Masters (Sprint A)		
1. Jackie Novkov		25:46

Open (Sprint B)		
1. Erin Schirm		8:12
2. Luke Lyons		20:05
3. Shawn Forney		35:07

WHITE

1. Luke Lyons	14:00
2. Richard Burgey	17:02
3. Sri Ramaswamy	18:40
4. Nancy Burgey	21:37
5. Tamalene Foutris	31:00
6. Alec Gonnella / Brian Farmer	33:15
7. Paige Sloan	35:00
8. Pat Pokutecky	36:26
9. Stephanie Chiesireh	38:00
10. Edwina Buehler	40:00
11. Gina DiBella / Ginny Farmer	42:27
12. Bill James	53:00
13. Donna Budgeon	53:45
14. Heidi Rothfuss	no time
15. Pat Russell	DNF

SCORE-O

	<u>TIME</u>	<u>POINTS</u>
1. Erin Schirm	37:00	42
2. Mike Lyons	43:16	42
3. Peter Dady	49:05	42
4. Stina Bridgeman	55:48	42
5. Dick Detwiler	59:07	42
6. Zak Borden	52:57	39
7. Don Winslow	57:25	39
8. Joel Shore	58:40	36
9. Kameron Holmes	60:34	36 (38-2)
10. Ravi Nareppa	47:20	34
11. Scott Holligenthaler	49:16	32
12. Jack Wallenhorst	51:00	31
13. Zach Lyons	58:35	30
14. Chelsea Lyons	58:41	30
15. Doug Kennedy	55:30	29
16. Paul Schwartz	58:42	29
17. Jackie Novkov	61:19	29 (33-4)
18. Brian Thane	58:37	25
19. Elizabeth Hane	55:34	23
20. Michael Knapp & Hannah	56:40	22
21. Kimberly McGann	62:45	22 (28-6)
22. Chris Collins	53:50	21
23. Karl Kolva	56:17	21
24. Anne Schwartz	60:42	19 (21-2)
25. Rob Holmes	54:50	17
26. Prudence Schmidt	26:00	3
27. Shawn Forney	79:45	0 (25-40)

Basil Marella Park August 6, 2009

Sprint

M-Juniors (Sprint A)

1. Zach Lyons 24:48

M-Open (Sprint A)

1. Sergey Dobretsov 18:49
 2. Rob Stevens 20:24
 3. Mike Lyons 21:40
 4. Tyler Borden 24:07
 5. Steve Tylock 27:28
 6. Joe Makowski 57:58
 7. Michael Viterise MSP
 8. Zak Borden DNF
 9. Brian Thomas DNF
 10. Nate Lyons 13:02 (unofficial)

M-Masters (Sprint A)

1. Randy McGarvey 24:16
 2. Rick Worner 28:04
 3. Don Winslow 49:56

F-Open (Sprint A)

1. Stina Bridgeman 26:25

F-Masters (Sprint A)

1. Linda Kohn 26:19

Open (Sprint B)

1. Kevin Mesolella, Scott, Brian 23:23
 2. Lenore Pawlowski 54:22

White

1 Zak Borden 11:12
 2 Jessica Hishman and Chad Borden 17:10
 3 Don Winslow 18.40
 4 Richard Burgey 19:55
 5 Luke Lyons 20:25
 6 Kevin Mesolella Group 21:22
 7 Reisa Cassano 22:27
 8 Nancy Burgey 24:15
 9 Morrison - Alpha 27:01
 10 Jim and Patty Borden 27:30
 11 Lauren and Carolyn Orr 29:11
 12 Kevin and Evan Roesser 29:55
 13 Carol Moran 30:38
 14 Mike Camp Group 30:42
 15 Lisa Dillon Group 33:20
 16 Baquero Group 34:42
 17 The Awesome Squirrels 35:22
 18 Valerie Grason 40:40
 19 Mary Laing 52:50
 20 Edwina Buehler 56:50
 21 Morrison - Bravo 97:30

SCORE-O

	CONTROLS	TIME
1 Rob Stevens	20	29:25
2 Randall McGarvey	20	32:42

3 Steve Tylock	20	34:21
4 Vince Cassano	20	34:44
5 Mike Lyons	20	34:49
6 Sergey Dobretsov	20	35:05
7 Michael Viterise	20	35:12
8 Kameron Holmes	20	41:08
9 Zach Lyons	20	48:14
10 Chad Borden & Jessica Hishman	20	48:55
11 Larry Zygo	20	56:44
12 Jack Wallenhorst	20	57:22
13 Ravi Nareppa	19	51:26
14 Bob Bundy	19	52:50
15 Gilberto Baquero	18	56:10
16 Stephanie and Matthew Reh	17	54:18
17 Brian Thomas	17	59:00
18 Scott Heiligenthaler	16	54:56
19 Kathy Bannister & Kay Sheehan	15	51:15
20 Marilyn Zygo	15	57:44
21 Morrison - Delta	11	55:44
22 Joe Makowski (late start)	10	48:50
23 Da'Shawn Robinson	10	49:26
24 Julian Hayashi	10	49:26
25 Karl Kolva	7	49:35
26 Lenore Pawlowski	5	53:50

Brighton Town Park August 23, 2009

Sprint Results

M-Juniors (Sprint A)

1. Zach Lyons 22:43
 2. Tristan Cannon 25:44

M-Open (Sprint A)

1. Nate Lyons 13:44
 2. Mike Sandstrom 14:02
 3. Sergey Dobretsov 17:44
 4. Mike Lyons 19:08
 5. Steve Tylock 21:15
 6. Chad Borden 21:22
 7. Tyler Borden 22:02
 8. Don Winslow 28:54
 9. C & E Fey 58:40

M-Masters (Sprint A)

1. Dick Detwiler 21:19
 2. Peter Dady 25:34
 3. Don Winslow 33:58

M-Veterans (Sprint A)

1. Walt Lyons 26:03

F-Open (Sprint A)

1. Stina Bridgeman 24:38

F-Masters (Sprint A)

1. Patty Lyons 24:38

Open (Sprint B)		MEMORY O	<u>Pts</u>	<u>Time</u>
1. Tyler Borden	12:04	Nate Lyons	42	34:40
2. Vince Cassano	14:36	Mike Lyons	42	39:15
3. Chelsea Lyons	28:38	Stina Bridgman	42	46:10
		Zach Lyons	42	49:48
		Vince Cassano	42	50:10
White		Tyler Borden	42	51:47
1. Luke Lyons	19:07	Elanor & Georg Nadorrf & Ann Betz	42	52:37
2. Melissa Tylock	19:17	Chad Borden	42	55:11
3. Mike Knapp Group	24:27	Natalia Fey	42	57:24
4. Jack Plum Group	25:15	Steve & Melissa Tylock	42	58:29
5. Baquero Party	25:15	Sergey Dobretsov	42	59:28
6. Sandra Lomker	25:30	Patty Lyons	39	56:03
7. Elanor Nadroff	26:05	Mike Sandstrom	38	34:17
8. Strang Party	27:17	Peter Dady	38	42:00
9. Patty Borden	28:35	Tristan Cannon	38	54:35
10. Tristan Cannon	33:00	Walt Lyons	35	47:47
11. Carolyn & Lauren Orr	34:26	Chelsea Lyons	34	52:02
12. Stephanie Reh Party	38:19	John Strang Group	34	54:48
13. Chris Pessagno	40:17	Mike Knapp Party	34	55:21
14. Mike, Karen & Elin Lally	43:00	Banquero Party	33	58:24
15. Edwina Buehler	44:25	Scott Heiligenthaler	30	49:18
16. Liam Orr	45:19	Luke Lyons	29	59:08
17. Warren Sauer & Pat Pokutecki	49:39	Elizabeth Hane	27	57:45
		Minh Nguyen & Hha Hoang	18	58:28

Rochester Orienteering Club membership application form

- \$10 for one-year student membership (high school or younger)
- \$20 for one-year individual membership
- \$25 for one-year full family membership
- \$25 for one-year organization membership (example: Scout group)
- \$50 for three-year individual membership
- \$65 for three-year family membership
- \$200 for life membership

	<u>First name</u>	<u>Last name</u>	<u>Birthdate</u>
Self:	_____	_____	_____
Spouse:	_____	_____	_____
Children:	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

Address: _____

City: _____ **State:** _____ **ZIP:** _____

Phone: (____) _____ **e-mail:** _____

Indicate if: New membership **or Renewal** **Date of application:** _____

Please circle one or more areas below in which you would be willing to volunteer occasionally. Training will be provided if needed.

Meet	Course	Food	Greeter	Registration	String-O	Start	Control	Results
Director	Setter					Finish	Pickup	Typing

Please enclose a check payable to the Rochester Orienteering Club and mail to:
Rochester Orienteering Club, 40 Erie Crescent, Fairport, NY 14450

Some of the action at Webster Park, May 9 (photos by Dick Detwiler)



First Class



40 Erie Crescent
Fairport, NY 14450



Joe Makowski finishing strong at Webster meet. Photo by Dick Detwiler.